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WIN! BUDDY HOLLY SHOW TICKETS See Page Two



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YOUNG artists are to have their first masterpieces on public display.

Southend Council, in partnership with Leigh-based artistic collective Studio 3, will be exhibiting the art-work of the borough's schoolchildren throughout the office floors at Southend Civic Centre.

To celebrate their work, pupils from Bournes Green Junior School, Thorpe Bay, went to see their work on show at the centre in Victoria Avenue, on Friday. This new initiative follows the year-long programme staged by Kirsty McHattie and Lester Mills, of Studio 3, to display the work of local artists on the 13 office floors of the Civic Centre.

Their aim was to use the blank walls to showcase talent from different disciplines, including painting and drawing, collage and mixed-media work. Now, for the second year of the project, a collection of fresh work suitable for display is being gathered from local schools and colleges.

Southend councillor for children and learning James Courtenay said it was a wonderful opportunity for staff at the council to enjoy the artistic talents of younger people in the borough. He said: "These terrific art-works will hopefully give cheerful, inspiring and thought provoking backdrops to their working areas."

Not just another day at the office



FILLING IN THE BLANKS: Schoolchildren's art is to cover the walls in the offices at Southend Civic Centre. Pictured are Lester Mills, of Studio 3, with Jane Theadom, Bournes Green Junior School head of learning, Terry Cornelius, headteacher and Early Arts winning pupils Emily Payne, Holly Lamb, Abneer Egaz and Sam Ratcliff

Picture by MARK CLEVELAND

Cases involving vulnerable adults go up by 450 per cent, figures show

MASSIVE RISE IN ABUSE REPORTS

REPORTS of abuse cases involving vulnerable adults in Southend have risen by more than 450 per cent since 2007.

Latest figures show 682 cases of abuse being reported to Southend Council social services compared to just 123 back in 2007.

The council claimed the increase was due to better detection and not more people being abused.

Corporate director for people, Simon Leftley said: "This is

By Paul Giles

southend@yellowad.co.uk

because people are now more aware and confident about reporting suspected abusive practices by members of the public and professionals.

"Since 2008, Southend Safeguarding Adults Board has worked [with its partners] to implement the Southend, Essex and Thurrock Safeguarding Adults Guidelines to ensure all reports of

alleged abusive incidents are robustly responded to."

More than 230 cases of physical abuse have been reported this year – five discriminatory, 262 of neglect, 32 of sexual abuse, 207 of emotional abuse, 16 institutional and 175 financial reports of abuse.

Of the total 682 cases this year, a quarter of the reports of abuse were physical. More than half of the cases happened in the person's own home. Almost 30 per cent of the

abuse reports happened in care homes. The majority of cases were reported by health workers.

Investigations into abuse resulted in 18 criminal prosecutions with 84 cases resulting in police action.

In a total of 228 cases the person reported to be carrying out the abuse was monitored and 334 cases no action was taken.

If you know of anyone facing abuse call the helpline which is available on 08452 66 66 63.

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INSIDE this week



Author to
hold book
signing

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Yellow Advertiser

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Competition

WIN! TICKETS TO SEE BUDDY HOLLY – A LEGEND REBORN

WE have teamed up with the promoters of the spectacular live concert show 'Buddy Holly – a Legend Reborn' to give 10 lucky readers the chance of winning a pair of tickets to see the spectacular production at the Cliffs Pavilion on Friday, January 17.

Marc Robinson, a winner from ITV's legendary Stars in Their Eyes show, headlines the spectacular live production, bringing to life classic hits such as Peggy Sue, That'll be the Day and Oh Boy.

He will be joined by original rock 'n' roll legend Jess Conrad, who will be recreating the performances on legendary sixties show, Oh Boy!, which launched him as a star of stage, screen and record, as well as The Everly Brothers, played by Stars in Their Eyes winners, the Fort Brothers, who will be performing hits like Bye Bye Love, Wake up Little Susie and Cathy's Clown.

Eddie Cochran and Billy Fury, played by Gavin Stanley, will also be taking to the stage performing rock 'n' roll classics like Summertime Blues, Halfway to Paradise, C'mon Everybody, It's Only Make Believe, Somethin' Else and Three Steps to Heaven.

Backed by a band reminiscent of the Crickets in their fifties heyday, Buddy Holly – A Legend Reborn is an authentic slice of rock 'n' roll nostalgia that ensures Buddy's incredible legacy of unforgettable hit songs lives on.

For tickets and further information about the show, which starts at 8pm, call the Box Office on 01702 351135 or visit www.southendtheatres.org.uk or www.easytheatres.com.

To win one of 10 pairs of tickets just answer the following question:

Q: Buddy Holly – a Legend Reborn features a special guest appearance by which original rock-'n'-roll icon?

**A: Jess Conrad
B: Chuck Berry
C: Fats Domino**

To enter the competition telephone your answer - A, B or C - to 0901 307 1696 along with your name, address, telephone number and e-mail.

Alternatively text YAHOLLY (space) followed by A, B or C, and your name, full address and email to 63333. Calls cost 51p from a BT landline.

Calls from other networks may vary and from mobiles



will cost considerably more. Texts cost 50p plus your standard network rates. If you do not wish to receive details on any other products or services, please text EXIT at the end of your message.

Lines close on Thursday, December 12, 2013. Entries received after the closing

date will not be counted but may still be charged.

Service Provider: JMedia UK Limited, SW4 7BX. Tel: 0844 800 1188.

Terms and conditions

First prize will go to the first 10 entries drawn after the closing date. There is no cash alternative. Editor's decision is final.

Chemists



Southend - Every Sun (10am-8pm) and Mon-Sat (8am-11pm), Chemist@Southend, 75 Queens Way; every Sun (10am-4pm), Tesco In-store Pharmacy, Prince Avenue, Westcliff; (10am-4pm), Sainsburys, 45 London Rd; (10am-4pm), Asda Stores, North Shoebury Rd, Shoeburyness.

Leigh - Sun-Fri (8am-11pm) and Sat (8am-6pm), Derix Healthcare Pharmacy, (opposite side of Leigh Primary Care Centre), 1065 London Rd.

Tides



High tide at Southend Pier:

**Thurs: 01.28 6.0m 13.54
6.1m Fri: 02.13 5.9m 14.42
6.0m Sat: 03.00 5.8m 15.33
5.9m Sun: 03.49 5.7m 16.27
5.7m Mon: 04.42 5.5m 17.24
5.5m Tues: 05.40 5.4m 18.27
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Police warn about legal high after teens taken to hospital

By Paul Giles

southend@yellowad.co.uk

ESSEX Police has urged people to be aware of taking a 'legal high' called Pandora's Box.

The warning comes after two people in Southend had an adverse reaction to the substance and ended up requiring hospital treatment.

A 16-year-old boy was discovered unwell near Warrior Square in the town centre at just after 11.30am on Thursday, November 28. Officers were told he had taken Pandora's Box, purchased from a store in Southend.

Shortly after, at 12.10pm, officers were contacted by the ambulance service following reports that a 19-year-old man was unwell in Tyrell Drive, Southend.]

He too had taken Pandora's Box, again bought from a Southend store. Both men, who do not know each other, were admitted to Southend Hospital for treatment. They have since been released.

Following these incidents, officers

have visited the store in Southend and advised them to stop selling Pandora's Box. The store has refused to stop selling the legal high.

Chief Inspector Glen Pavelin said: "Although we cannot say conclusively that their condition is down to taking this substance, it is certainly a coincidence.

"I would like to urge the public to be aware that consuming any substance of this nature has risks attached.

"Although the sale of it may be legal, an individual's reaction cannot be reliably predicted."

Today's events come at the end of a week of action focussed on raising awareness about legal highs where Essex Police and the Essex County Council Drug and Alcohol Team (EDAAT) have been working together to raise public awareness about the potential dangers of taking legal highs.

Chief Inspector Glen Pavelin has been leading the force's week of action on the subject, which has been

taking place since Monday (November 25).

Officers have been visiting schools to give advice to students on legal highs and what they may contain. They have also been gathering intelligence about the sorts of stores that may sell them.

Mr Pavelin said: "Although these substances are branded as legal, their composition is largely unknown. Some being potentially unsafe and others feasibly contain illegal substances. Most retailers were unaware of the potential health risks to their customers or the legal risks to themselves."

Commenting on the recent issues in Southend, councillor Tony Cox, executive councillor for public protection, waste and transport said: "Just because a substance is sold in a shop or on the internet as legal, it doesn't mean it's safe. Sadly there are clever people out there making a lot of money by selling drugs under the misnomer 'legal highs' which may in fact pose a risk to people's health."

Pandora's fact box

■ Pandoras Box is sold as a herbal mixture on the packaging it says it is an 'extreme herbal incense'.

■ Packets of three grams of the herbal mixture can be bought for £25 or one gram for £10.

■ On legal high forums on the internet many users complain after smoking it they suffer from panic attacks, paranoia, fits and seizures.

■ It is made from herbs sprayed with synthetic cannabinoids.

■ Many of the users on the forums also say they ended up going to the hospital because it made them so ill.

■ Effects of the drug are short lived lasting for a maximum of 30 minutes.

■ There are no ingredients listed on the back of the packet.

■ The incense is sold widely on the internet and in head shops.

■ It looks like regular herbal cannabis.

► speedread

Man assaults boy

POLICE are hunting for a man who assaulted a 12 year old while trying to steal his mobile phone.

The man approached the school boy in Bournemouth Park Road, in Southchurch, at 10.50am, on Sunday, November 17.

He tried to take the boy's phone and got in a scuffle where the student was assaulted.

The suspect is described as white, 18-20 years old, 5ft 9-10ins tall, medium build, black hair and black stubble. He was wearing dark trousers, black trainers and red jacket with a black sections. He made off in the direction of Branksome Road and Lyme Road.

Give to charity

PEOPLE are being urged not to give to street beggars in Southend this Christmas and give their money to charities which can help.

Police are working with agencies across the town to tackle the issue of homelessness, as the nights get colder. They are sign-posting those who are most vulnerable to agencies and charities who can help.

Assault on train

A MAN is being hunted by police for inappropriately touching a woman on a train and trying to kiss her.

The train was between Shenfield and Billericay stations when the incident happened between 9.20am and 9.25am on Friday, 22 November. The man was described as having dark skin and wearing a dark grey coat.

Support packages

SOUTHEND is to receive £1.8 million from the government to spend on business support packages.

The funding will encourage local firms and organisations to take advantage of a range of business-building initiatives including match funding of capital grants up to £40,000 to support priority sectors developing in Southend and potentially wider South Essex.

Hero's lost medals replaced

AN EX soldier has received replacement war medals after 60 years.

Tony Roberts, from Kensington Road, in Southend, joined the army in January 1940 and fought in Egypt where he was injured by shrapnel.

He received four medals including the 1939 - 1945 star, the Africa star, defence medal and war medal for his service.

His medals went missing after his son Terry took them to a show and tell at his school.

But the 94 year old's grand daughter, Gemma, who is in the officer training corp in Nottingham used her contacts to get the medals reinstated to her granddad just in time for Remembrance Day.

He said: "It's amazing to have them

back and I also got a hat the 94th field regiment wore.

"Wearing them on Remembrance Day was special and lots of people came up to me and congratulated me for what I had done in my time in the army."

Tony's career in the army was cut short when he was hit by shrapnel when a German bomber flew over him in the desert.

The pilot dropped bombs on Tony and his colleagues resulting in shrapnel tearing through his back.

He was later de-mobbed from the army at Guildford where he was awarded the medals.

Speaking about getting the medals back he said he was proud of his granddaughter for making the effort to get them.



HAPPY: Tony Roberts

Picture by Mark Cleveland

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Help keep children's centre safe

"Essex Action" as heard on Southend Radio, produced in conjunction with the Volunteer Centre Southend (SAVS)

A Leigh on Sea Children's Centre needs someone to help keep their centre safe and in good order.

If you're a keen practical person, here's a chance to be a great role model for the children and keep your maintenance skills in good shape.

There's lots of variety from painting, setting up the rooms, and keeping everywhere clean and tidy.

Your time and energy will make a big difference in helping to keep the centre a safe place for the children.

This role has a lot to offer if you are looking for experience in the area of maintenance.

To find out how you can volunteer, just call Emily on 01702 356060.



CHRISTMAS DONATIONS: Staff at HARP preparing a meal for homeless people

Help provide festive food to the homeless

THE Homeless Action Resource Project (HARP) in Southend has launched its Christmas appeal to raise enough money to supply 700 dinners over the festive period.

In the 12 days of Christmas HARP will be providing the dinners for Southend's homeless and it desperately needs your help to make this happen.

It is asking the community in and around Southend to donate £10 to provide Christmas dinner for a homeless person in your local area.

Gill Garwood chief executive at HARP said she needed sup-

port from the community.

She said: "At Christmas many people only have HARP to turn to. Our dedicated team work around the clock to ensure the homeless are given the support they need over the festive season."

HARP needs your help now more than ever.

As the reality of the recession hits the numbers of homeless in Southend are increasing. Homelessness is neither gender specific nor confined to an older generation. More and more people, most notably young men and women, are finding them-

selves without a place to call home. In the past 12 months HARP has helped more than 1,500 people turn their lives around and find secure housing.

If you can donate £10 this will buy Christmas dinner for a homeless person and send the message that someone cares.

To make a donation to HARP's Christmas appeal please send a cheque for £10 to: HARP Ltd, 117 York Road, Southend.

Donate online at: www.harp-southend.org.uk Or Text: HOME43 followed by £10 to 70070.

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Twitter pair warned

TWO CARE workers were given formal warnings in the last financial year about improper use of Facebook and Twitter.

Data released under the Freedom of Information act showed that two Essex County Council staff members – a social worker and an adult social care worker – were disciplined in 2012-13.

Two more employees were warned in the previous financial year – an emergency planning officer and a consultant.

In 2010-11 a performance officer also received a warning.

A council spokesman said the figures did not include schools employees and cases which were not yet closed had been omitted.

Purse snatched

POLICE are investigating a street robbery on Monday, November 18, when a 20 year old woman got off a bus in Delaware Road.

At 9.50pm she started to walk along Blyth Avenue she felt a tug at her bag and was then hit on the face.

Her purse and a can of drink were taken by the man who had approached her from behind.

She can only describe him as white and average height. The woman was left with a bruise and shaken by the incident.

Any witnesses to this assault are asked to contact De Kerry Auger at Southend CID on 101.

Christmas singalong

A CHRISTMAS singalong will be held in the band stand in Priory Park, on Sunday, December 22.

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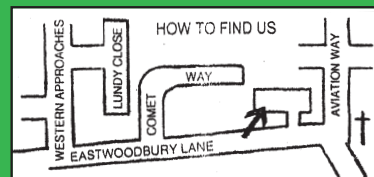
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Hospice in big switch-on and displays made from donations

By Paul Giles

southend@yellowad.co.uk

A STRING of charity shops have added some Christmas sparkle to the high street this year with festive window displays created from donations.

And Havens Hospice also celebrated the festive season last Friday with the switch on of its Christmas tree lights.

Staff and volunteers at the 17 Haven shops across Essex have been busy for weeks with their annual Christmas window competition. Geraldine Brown, manager at the charity's shop on Southchurch Road since 2010, created a traditional and festive Victorian scene out of donated dolls houses.

Geraldine said: "This year after a few dolls houses came in and a little toy shop. We thought we could create a snowy Victorian street. The houses needed a little paint, a little love and some lighting."

"Then we added a sprinkling of snow, the dolls and Santa in his sleigh on one of the roofs."

"It looks beautiful at night time and we've had lots of people passing by who have been really taken with it."

December is one of the busiest months for Havens Hospices charity shops, which can only run with the support of shop volunteers and rely on kind donations from the local community for stock. This year the shops have raised £500,000 in total for the charity which cares for seriously ill children, adults and their families.

Geraldine added: "It's the little things that make you smile working here. Like when



FESTIVE: Ella and Liam White view the Havens window display in Southchurch Road, made from donated items and, below, the Havens Christmas tree lights are switched on in Chalkwell Avenue

Pictures by MARK CLEVELAND

Sparkling kindness

someone drops off a donation and says 'thank you for all that you do'. Without their kindness we simply couldn't run."

Meanwhile the tree lights highlighted the Havens Light up a Life campaign. A spokesman said: "Light up a Life is about remembering a loved one by dedicating a shining light on the Havens Hospices tribute webpage."

For more information visit www.havenslul.co.uk.

The Christmas windows will be on display throughout December. To find out where your Havens charity shop is, visit havenshospices.org.uk/shops or call 01702 220350.



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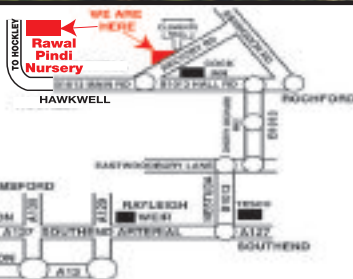
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No escape for burglar chased by man in only his underpants

Pot Noodle pair boil over in shop

OFFICERS would like to speak to two men in connection with a theft from a shop in Westcliff and assaults of two members of staff.

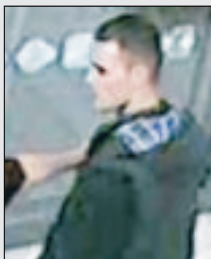
Two men went into the Sainsbury's Local, in Hamlet Court Road, at about 6.30pm on Saturday, November 9.

One of the men tried to leave without paying for a Pot Noodle.

Two members of staff tried to intervene and were assaulted by both of the men.

The assaulted staff members suffered some scratches, police say.

Anyone with any information is urged to contact investigating officer Pc Amber Sawyer, or her colleagues at Southend, on 101. Alternatively, you can call the Crimestoppers charity free and anonymously on 0800 555 111.



WANTED: CCTV images of two men who are wanted on suspicion of assaulting shop staff

Assault suspect named

POLICE are hunting a man wanted in connection with an assault in Southend.

Leroy Edwards, 45, failed to answer his bail after he was arrested on suspicion of assaulting a woman at an address in Roots Hall Drive on October 12, 2011.

The alleged victim, in her 40s from the Southend area, suffered cuts to her face and chin, which required stitches.

Edwards was last known to be living in London. He is black, 6ft 1in tall, and has a London accent.

Anyone with information is urged to contact Southend CID on 101. Or call independent charity Crimestoppers free and anonymously on 0800 555111.

WANTED: Leroy Edwards is being hunted by police



Housebreaker gets 16 months

A BURGLAR was nabbed by police thanks to a man who gave chase wearing only his underpants.

Emil Metodiev, 32, has now been jailed for 16 months for the burglary in Thorpe Bay. The Bulgarian, of north London, raided the home at Ladram Road on October 31. He stole a handbag, cash, mobile phones and jewellery.

He pleaded guilty at Basildon Crown Court on Monday (December 2). He will be deported after serving his sentence.

The court heard that shortly before 7am the occupiers of the house awoke to discover the ground floor of their home had been ransacked. A 19-year-old man, still only in his underpants, gave chase. Several police units were quick to join the search and within a short time Metodiev was located in bushes close to the railway line, out of breath and still in possession of the victims' belongings.

Investigating officer Dc Layla Barker offered a thank you for the courage of the 19-year-old. She said: "He



JAILED: Emil Metodiev

bravely chased the burglar and was able to give an accurate location for police when they arrived.

"Without his speedy reaction it is unlikely the man would have been caught and may have gone on to commit more burglaries."

One of the items stolen has not been recovered, she said. It is a black, leather man's 'Fossil' bracelet with metal links on it. "This was an 18th birthday present, so has great sentimental value."

"It must have been discarded by the suspect at some point along the route. If members of the public find this property, it would be a positive ending for the victim to have it returned."

What do you think? Write to Readers' Letters, Yellow Advertiser, Acorn House, Great Oaks, Basildon, Essex, SS14 1AH, or e-mail letters@yellowad.co.uk

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MAGAZINE: Jonno Bones founder of the Railway Quills who have released a magazine of their work
Picture by Mark Cleveland

Writing group marks first birthday with magazine

A WRITING group in Southend is celebrating its first birthday with the release of a magazine of stories.

Founder of the Railway Quills, Jonno Bones, said he was happy the group had lasted the duration of the year.

Formed back last year in

November, in the Railway Hotel, the group has fluctuated between six and just three people.

Jonno, 31, said: "I founded the group because the Railway Hotel focuses on music and art but there wasn't really anything going on in the literature field of things. The

magazine called the Railway Quills is free to anyone who would like to pick a copy up."

It features several obscure stories and horror stories.

The group meet every Monday night at 9pm in the Railway Hotel, Southend.

► speedread

Award for c2c

C2c has been awarded top marks in an assessment of how the company is run.

C2c has been awarded five stars in its recognised for excellence assessment, which was carried out by the British Quality Foundation and measured how c2c performs against the European Foundation for Quality Management (EFQM) framework. The assessors examined how well c2c is managed in all areas, from its operations to the way employees are involved in running the business.

In the final report c2c was praised in particular for its strong focus on customers and the improvements the company has made in its environmental and community initiatives.

Record attempt

THE Cliffs Pavilion will be transformed back to the 80s and be host to a world record attempt.

People have the chance to get in on the action and become part of the World Record attempt for the most number of people doing the dance to Oops Upside Your Head by the Gap Band.

So dig out your favourite 80s Christmas outfit and head off to Tropicana Nights at the Cliffs Pavilion on Saturday, December 21.

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Charity trek

TREKKERS have raised an astounding £50,000 for the Essex Air Ambulance.

The group recently returned from a once in a lifetime trip to Nepal and the Himalayas where they completed a gruelling circuit of the Annapurna region.

The 10 day trek saw the trekkers traversing suspension bridges over rivers and climbing thousands of stone steps, surrounded by spectacular backdrops of snowy peaks and picturesque mountain villages.

The group's hardest day involved a 4am start and ascending 3210m to the peak of Poon Hill where they watched as a rosy dawn lit up 360

degrees of Himalayan mountain peaks.

Lantern parade

SOUTHEND and Chelmsford Radio's Paul Lovett and Wake Up Essex presenter, Natalie, hosted the first ever Essex Lantern Parade last Sunday.

More than 1,000 people congregated at the Victoria Shopping Centre to collect their lanterns.

The magical procession, led by The Voice's, Leanne Jarvis and a brass band culminated at Feelgood's Restaurant on Southend seafront, where children, families and friends were welcomed by singing from Leanne, dancing and even the top

man himself, Santa.

Christmas fun

BUS company Arriva is entering into the festive spirit in the Southend, Rochford, Rayleigh and Castle Point areas with the chance to win some great prizes by visiting its Facebook page.

The Christmas fun is running in the lead up to the big day and a prize winner will be chosen at random each day after liking and commenting on specific posts.

Some of the posts will relate to places that the company's mascot, Alfie the bus driver, has been to lately and people visiting the site will have to guess where he's had his photo taken.

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An art utopia

By Paul Giles

southend@yellowad.co.uk

A SOUTHEND café is celebrating two years of showing local artists' work.

Café Utopia in Southend High Street has had a plethora of local artists exhibit work on the walls.

The continuing exhibition has been helped along by local artist Anne Heim who has curated the shows.

She said it was a way of filling the gap for local artists who wanted space to show their work.



A GREAT DECADE: Staff celebrating the tenth anniversary

Ten years of sunshine!

SUNSHINE Day Nursery, which has sites in Westcliff and Benfleet, celebrated 10 years of success over the weekend.

More than a thousand babies and toddlers have passed through its doors since 2003 when it opened.

It started with 100 little ones attending and now has more than 200 children at the sites in Clatterfield

Gardens and The Appleton school, Croft Road.

Those current babies and toddlers were invited, along with parents, to an evening of celebration alongside dedicated nursery staff and its owner and manager, Linda Horncastle.

Linda Newman, whose daughter goes to the nursery, said she wanted to say a big thank you.



CAFÉ SOCIETY: Anne Heim showing local art at Café Utopia in Southend

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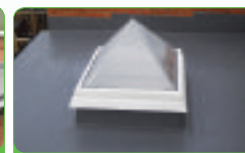


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Her pirate copies are the real thing

By Paul Giles

southend@yellowad.co.uk

AN AUTHOR and illustrator will be signing copies of her book at Jackson Diego in Hamlet Court Road, Southend, this Saturday.

Ann Duggans Robson, will be in the bookshop signing copies of her book *Pirate Percy Meets Lady Pamela Pink Mouse*.

She explained that the story is a poem based around a mouse that walked into her home 25 years ago.

Ann will also be at Clements Arcade, in Leigh on Saturday, December 14.

Easy as one, two, tree!



THE GREEN WAY: Members of Project 49 and pupils from Thorpe Greenways School with park wardens

A CAR park was made greener last Friday with the planting of trees by pupils from Thorpe Greenways School, Southend.

The schoolchildren, and adults with disabilities from Project 49, joined park wardens to plant 200 young trees and shrubs in Southchurch Park East.

This has dramatically helped the ecology around the car park area by creating a wildlife-friendly sanctuary populated by native trees including field maple, hazel and alder.

The tree-planting extravaganza was held to celebrate National Tree Planting Week.



IN THE PINK: Author Ann Duggans Robson with the characters from her book

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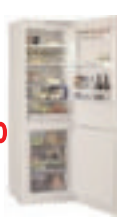


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Writing competition

AGE UK Essex has launched a non-fiction writing competition.

The annual contest, launched in the 1950s, will be based on three themes: 'I'll Always Remember', 'Moving On' and 'My Favourite Month'.

All of the entries will be turned over to the Essex Records Office after they are submitted, where they will be preserved as

part of the county's historical archive.

First, second and third prizes in each category will be undisclosed cash sums. A further cash prize will be given to the overall winner.

All of the winning entries will be published in a booklet.

Entrants must be aged over 50 and entries must be brand new and original.

They must also reflect the real-life experiences of those who submit them.

Prose entries must be capped at 1,500 words and submitted either handwritten or typed on single-sided A4 paper.

Poems must be a maximum of one full side of A4.

All entries should be marked with a title and the

entrant's name and date of birth.

An application form must be downloaded from the Age UK Essex website and sent alongside the entry.

Organisers would prefer to receive entries as email attachments, sent to: lysbeth.bloomer-hawkins@ageukessex.org.uk

Alternative, they can be mailed to Lysbeth at Age UK Essex, 112 Springfield Road, Chelmsford, CM2 6LF.

Team prescribed award

A MEDICINE-management team has won an award for being the best informed in the country when handing out prescriptions.

Esther Trillo-Gallo, prescribing advisor for NHS Southend clinical commissioning group (CCG) and NHS Castle Point and Rochford CCG, took part in a competition answering questions relating to prescribing and various

medications.

Having competed with more than 100 pharmacists and doctors, the team successfully claimed the 'Eclipse Award 2013'.

Youth facilities underused

YOUTH workers in Southend will be hitting the streets in a bid to look after youngsters more.

Vice chairman of the peoples scrutiny committee Mark Flewitt explained that youth centres in the borough are being seriously under used by the younger generation of the town.

He said: "Shoebury is one of the biggest youth centres in the town but it is so under used.

"Youngsters are kind of stuck with what to do because they're in that gap where they want to do adult things but their age is against them."

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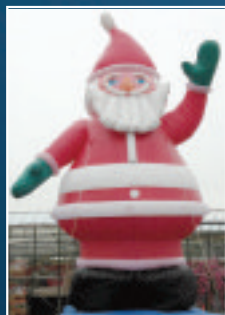


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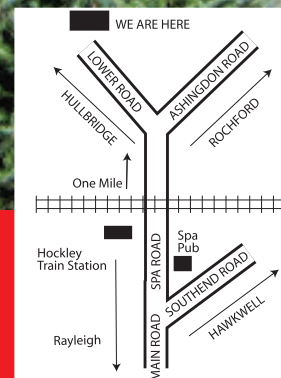
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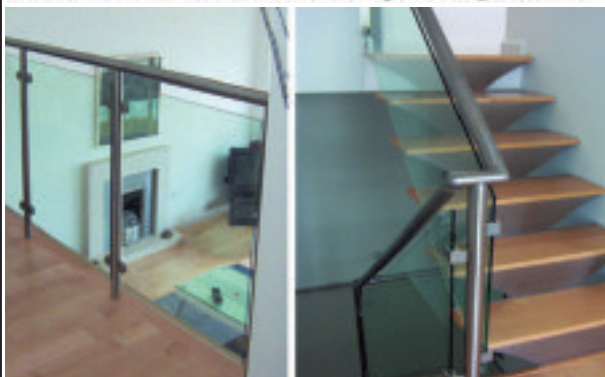
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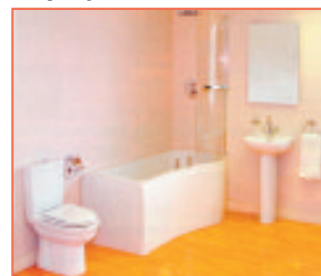
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Grease is the word

SOUNDS of the '50s have been reverberating round a Rayleigh school this week.

Pupils of Fitzwimarc brought the popular musical 'Grease' to life.

The show named after 'greasers' the nick name given to working class young-

sters in the 1950s.

It has become a classic over the years with songs like 'Summer Nights', 'You're One that I Want' and 'Hopelessly Devoted to You'.

The show opened on Wednesday and had its final performance on Thursday.



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SOUND: The cast of Grease

Picture by Mark Cleveland

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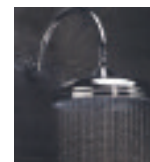


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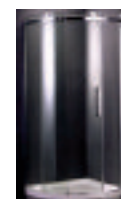
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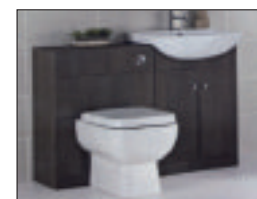


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The only way is Barking



By Liz Wade and Vicky Edwards

WHEN I first got a call about Barking in Essex my first reaction was to pass them to a colleague that dealt with that area, that was until the name Lee Evans was dropped into the conversation. 'Barking! But he's from Billericay' was my next thought on a man who has become one of Britain's highest selling stand-ups and a national treasure - particularly in Essex where he has lived for much of his life.

Falling into step slightly slower than I would have liked it dawned on me that we were talking about 'Barking in Essex' the play that has taken London by storm and has seen Essex residents descend on Wyndham's Theatre in their droves.

While the limited season of the late Clive Exton's comedy, which took more than £1.5 million in advance bookings, may have only begun in September and will end on January 4, extra performances have already been squeezed in on Sunday afternoons up until December 22.

As well as Lee the play, which is for adults only as there's plenty of 'effing and blinding throughout, also stars Sheila Hancock, Keeley Hawes, Karl Johnson and Montserrat Lombard, and it was the opportunity to work with her fellow cast members that initially attracted Keeley to the role.

"When I read the script I thought it was set now, but actually it's set in 2008. TOWIE didn't exist then so Clive pre-empted that quite brilliantly," says Keeley, star of TV's Ashes to Ashes. "The writing is lovely. I read the first couple of pages and it made me laugh out loud. It's an unusual play and it shocked me and took me out of my comfort zone, but I knew it was the sort of play I would like to go to the theatre to see myself."

The writing talent behind such highly acclaimed films as 10 Rillington Place and television dramas including Poirot, and Jeeves and Wooster, Clive Exton has created some potty-mouthed monsters here.

The story follows con man Algie Packer, who is due for release after a seven year stretch inside. Algie is returning to his Essex

home to spend his carefully stashed nestegg - £3.5million in untraceable notes - but his criminally-inclined family, including Keeley who dons the most vertiginous of heels to play Chrissie, have forgotten to mention something and now they've got a problem the size of Southend Pier.

Are the Packers, who put the 'fun' in dysfunctional, going to be able to cover their tracks before Algie arrives home?

"Different groups of people laugh at different things," says Keeley "The audience is a real mixed bag, from the Essex gang to the older theatre-going crowd."

"Funnily enough it's the older theatre-going crowd who laugh the hardest. You think, oh crickey, that could be my nan laughing out there!"

Veteran actress Sheila Hancock, who plays the matriarchal Emmie and is juggling her performance schedule with doing the final edit of her first novel, agrees. "It's an important play as well as a very funny play because it's about our culture and where it might go if we're not careful."

But how does she feel about the effing and

jeffing? "It's the language of a certain group of people and these people would speak like that; it would be ridiculous to portray them any other way. And it's used very constructively, very poetically almost. You have to learn it very accurately because it has a rhythm and a metre in the same way that Shakespeare does."

"It shocks when it should and it makes you laugh when it should. That people get so offended by language is astonishing to me, but then I use a lot of bad language myself," she says, with a grin.

As to their roles, both actresses cheerfully agree that both Chrissie and Emmie are pretty vile creatures. "The part I'm playing is this savagely ignorant woman," says Sheila.

"She has no redeeming features, which is what attracted me to her. She's an appalling mother, but for some extraordinary reason the audience take her to their hearts."

"For further information and tickets for Barking in Essex, which is at Wyndham's Theatre, Charing Cross Road, London WC2, call the Box Office on 0844 482 5120 or visit www.barkinginexsex.com



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Sunday 15th December at 7.30pm
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Saturday, December 7

- St Mark's Christmas Fair, Church Hall, Southend, 11am-2pm. Lunches, refreshments, cakes, raffle, tombola, stalls. Free entrance.
- Shoeburness & Thorpe Bay Baptist Church, Fun for all the family, Christmas event, West Road, Shoeburness, 11am-2pm. Free mince pies, tea and coffee. Santa, stalls, face painting and carols. Nativity photo shoot. All welcome.
- Basildon Keyboard Club Concert, Paul Carmen, James Hornsby High School, Nicholas Lane, Basildon. £5 including interval refreshments. 01268 415506.
- Christmas Bazaar, 11am-2pm, Leigh Beck Baptist Church, High Street, Canvey Island. Stall and crafts, games and bric-a-brac. Refreshments in the coffee lounge. Free entry.
- Christmas Bazaar at St. Catherine's Church Hall, Southend Road Wickford. 9.30-12.30 Lots of stall and refreshments. Raffle 1st prize: hamper.
- Transmission Meditation Workshop, Hellivell Room, The Forum Library Southend, 10-11.30am Admission free.
- Yugioh Club, you can play and trade yugioh, 120 Southend Road, St Catherine's Church Hall, Wickford, SS11 8EB, there are mini tournaments, Saturdays 1.30-4.20pm. 07985 671289.
- Dad's and Kids Club, The Megacentre, Rayleigh, Saturdays 10.30am-1.30pm, free admission, games, activities, arts and crafts, for boys and girls 5-17 years with their fathers and father figures. 01268 779100.
- Saturday Morning Club, St Michaels Church Hall, Leigh Road, every Saturday 10am-noon, entertainment provided by choirs, soloists, musicians, refreshments, admission free, Inter-Church Caring for the Elderly and Disabled. 01702 437863.
- Meeting, Brush Strokes Art Group, Highlands Methodist Church, Leigh, every

Sunday, December 8

- St Clement's Church, Leigh-on-Sea, Christingle Celebration, 3pm, all are welcome.
- Jazz, Ron Spack's Dinner Jazz, Westcliff Hotel, Westcliff, 1pm. 01702 345247.
- Sunday School, Get on Board (No Charge) at The Ark, Hadleigh Methodist Church, Chapel Lane, SS7 2PQ, every Sunday 11am-noon, age 3-10 years. 07585 601815 or 07967 913344.
- Quaker Meeting for silent worship and meditation, Quaker Meeting House, Dundonald Drive, Leigh, Sundays 10.30-11.30am, followed by conversation over tea and biscuits, all welcome.
- King's Church Southend at Blenheim School, off Blenheim Chase, Leigh, every Sunday 10.30am-noon, a church where knowing Jesus makes all the difference. 01702 523639.
- King's Church Tarpots at St Mary's Church Hall, High Road, Benfleet, every Sunday 10.30am-12.30pm, church but not as you know it. 01268 750520.
- Greek Community of Southend and District, Church of St Barbara, St Phanourios and St Pauls, Salisbury Avenue, Westcliff, every Sunday 10am-noon. 01702 466435.
- Sunday Club, TGH Evangelical Church, Kiln Road, Thundersley, (children 3-12 years), Bible stories, craft, singing, every Sunday 10.45-11.45am, no charge, further details 01702 554904.
- Mojo Friendship Club, Travellers Joy, Downhall Road, Rayleigh, 11.30am, meet weekly, open to all, details Mo on 07757 658799.

Monday, December 9

- George Hurd Centre, Basildon, for the over 50's, Craft, 10am-12pm, Crocheting/Quilting 1-3pm, Art, 12.30-2.30pm. £2, 01268 465854.
- Open Day, Shoebury Evangelical

what's on

Church, West Road, 11am-4pm, exhibition of old photos and memorabilia, light refreshments served and paperback books and home-made cakes for sale, in conjunction with the West Road Fun Day.

- Senior Citizens Club, Benfleet's No 1 Club, Richmond Hall, Benfleet, meets Mondays 1.30-3.30pm, entertainment, all welcome.
- Southend Christian Counselling Service, do you need to talk, open to all, Mondays 5.30-7.30pm and Thursdays 2-7.30pm, further details call our 24 hour answer machine 01702 335252 and we will get back to you.
- Over 50's Keep-fit Classes, Fryerns Community Centre, Monday afternoons, further details Pat 01268 770294.
- Over 50's session, The Megacentre, 7 Brook Road, Rayleigh, 12.30pm-2.30pm badminton, 2pm-4pm table tennis, £3.60, includes refreshments and use of equipment, details 01268 779100.
- Duplicate Bridge, Balmoral Bridge Club, Highlands Methodist Church, Olive Avenue, Leigh (opposite Thames Drive), Mondays 1.15pm-4.30pm and Tuesdays 7pm-10.30pm, call Vernon on 01702 343611 or Tony 01702 520993.
- Duplicate Bridge, Thorpe Bay Bridge Club, 62 Southchurch Boulevard, Southend, non-members of all standards welcome, Mondays 2-4.45pm (no partner needed), evenings 7.30-10.30pm, call Danny 07843 771774.
- Weekly Craft Workshop, St Peter's Church Hall, Thundersley, Benfleet, every Monday 6-8pm, further details Michelle 07730 582784.
- Basildon Players Amateur Dramatic Group, Mondays and Wednesdays 8-10pm, James Hornsby High School, Leinster Road, Laindon, further details Jeff Levy 07951 681582 or email join@basildonplayers.co.uk
- Zumba, Pitsea Day Centre Over 50s, Northlands Pavement, Pitsea, every Monday 9.15-10am. 01268 465432.
- Beginners Computer Course, Pitsea Day Centre Over 50s, Northlands Pavement, Pitsea, every Monday, 11am-1pm. 01268 465432.
- Club 60, Floor 3, Queensway House, Essex Street, Southend, various activities every weekday, 9.30-4pm, tea bar, non-members welcome, £2 day pass, details 01702 613562.
- Short Mat Bowls Club in Hadleigh, new hall all mod/cons, 4 mats, Monday and Wednesday evenings welcomes new members, Canvey Short Mat Bowls Club, please ring Kevin on 01268 792433.

■ Short Mat Bowls, Monday/Tuesday afternoons in Thundersley, beginners welcome, details 01268 779174.

Tuesday, December 10

- Alzheimer's Society, Men's activity group, British Legion Hall, Northview Drive Westcliff. 2-4pm. 01702 345156.
- Alzheimer's Society, Dementia Cafe,, Balmoral Community Centre, Westcliff. For all affected by dementia, providing an opportunity to gather information, meet others and share experiences 2-4pm. Speaker from Jhealthwatch 01702 345156.
- Christmas Social Evening, South Essex Amateur Radio Society, Island Yacht Club, Point Road, Canvey Island, SS8 7TX, 7pm 01268 697978, www.southessex-ars.co.uk.
- Tea Dance, St Cedds Church, Westcliff on sea, 1.45pm, sequence, ballroom, come and make friends. 07767 406194.
- Weekly Craft Group, Oasis Coffee House, 189 Leigh Road, Leigh, 2.30-4pm. No charge or booking required. Emma 01702 471873.
- Willows Park Short Mat Bowls Club require new or experienced players. We meet at the James Hornsby School, Laindon weekly. First session free call or text Alan on 07952 043456.
- Social Dance, 1.45pm at Cedds Church, Bridgewater Drive, Westcliff. Ballroom, Sequence, Latin. Friendly Group, all welcome 07767 406194.
- Evening of Clairvoyance, St Cecilia's Christian Spiritualist Church, 9 Lord Roberts Avenue, Leigh, 7.15pm, £2, enquiries Anne 01702 556470.
- Folk Music, The Hoy at Anchor Folk Club, Royal British Legion, 7/9 Northview Drive, Westcliff, Miranda Sykes & Rex Preston, 8pm. 01702 715111.
- Tea Dance, Ashington Memorial Hall, Ashington Road, Rochford, ballroom, Latin and sequence, every Tuesday 2-4pm. 01702 584575.
- Health Walk, Salvation Army, Hadleigh, 10.30am, meet Castle Lane car park, Hadleigh, every Tuesday, details 01702 318121.
- Scrabble Club, Hockley and Hawkwell 55+ Social Centre, Southend Road, behind the Library, Main Road, every Tuesday 6.30-10pm, first two visits free, also second Saturday & fourth Saturday of each month 2-5pm. 01702 205910.
- Meeting, Ladies Fellowship at the Salvation Army in Hadleigh, Tuesdays 7.30pm, any age, good speakers, chatter

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what's on

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- Exercise Class for people with breathing difficulties, run by 'Breathe Easy' part of the British Lung Foundation, Ambleside Sports and Social Club, Ambleside Drive, Southend, Tuesdays 12.45-2.30pm. 01702 610050/466827.
- Pathfinders Blind and Partially Sighted Group meets every Tuesday and Friday, Fryers Baptist Church, Whitmore Way, wide range of activities and outings, Tuesdays 9.30am-2pm and Fridays 10am-2.30pm.

Wednesday, December 11

- Wickford Breath Easy, A social group for people with breathing problems. Meetings take place on the 2nd Wednesday of each month. 1.30-3.30pm at Small Hall, Our Lady Of Good Council, 61 London Road, Wickford, SS12 0AW. We offer mutual support, come and join us for xmas buffet, info: Dianne 01268 524023.
- George Hurd Centre, Basildon, for the over 50's. Beading, 10am-12pm. £2, 01268 465854.
- Singles Connection Friendship and Social Club, open evening at the Hayman for over 45s, Five Bells roundabout, Fobbing, 8.30pm, last Wednesday of every month. 07902 252758.
- Barn Dance, Grand Ceilidh Club, Royal Naval Association, East Street, Southend, live music from Usual Suspects, 8.30pm. 01702 553622.
- Indoor Carpet Bowls, St Edmunds Hall, Pantile Avenue, Southend, every Wednesday 2-4pm, further details contact Olive 01702 309280.
- Played Bowls Before? Come and try it at FS&S Club, Gardiners Close, Basildon, all weather green, free coaching given, regular club mornings, call Chris 01268 419831.
- Breathing Exercise Group, run by Breathe Easy Basildon, Steeple View Memorial Hall, Wednesdays 1-2.30pm, if you have COPD or recently finished from Pulmonary rehabilitation call Honore 01268 574390 for further details.
- Leigh Singles Social Club, Bellini's, London Road, Leigh, for ages 45-65, every Wednesday 8pm. www.leighsingles.co.uk
- Social Afternoon of Ballroom and Latin Dancing, Mill Hall, Rayleigh, every Wednesday 1.45-4.15pm, with Pat and

- Bob. 01702 544112.
- Line Dancing Lessons, St Margaret's Church Hall, Lime Avenue, Leigh, every Wednesday 12.30-2.30pm, helping to raise funds for the church hall. 01268 281488.
- Afternoon Tea Dance, Richmond Hall, High Road, Benfleet, (entrance off Richmond Avenue), large free car park, every Wednesday 2-4.30pm, £4 per person, includes refreshments, strictly over 18's. 01268 752473.
- Health Walk, Canvey Sea Wall, 10.30am, meet Labworth car park, Canvey Island, every Wednesday, details 01702 318121.
- Meeting, Al Anon, International Support Group for families, wives, husbands, friends of alcoholics and other addictions, 1 Sutton Road, All Saints Church (Vicarage), Southchurch, Southend, Wednesdays 7.30pm, all welcome (non-denominational).
- Pulse Drum Club, St David's Church Hall, Rayleigh Road, Eastwood, every Wednesday 3.45pm - 4.45pm, £3 per session. 01702 540111.
- Activity sessions, The Megacentre, 7 Brook Road, Rayleigh, (term time only), for children with special needs aged 5-18, free admission, siblings welcome, details 01268 779100.
- Palace Writers Group, every Wednesday 7.30pm, alternating venues with the Palace and Cliffs Pavilion, open mic events and public readings planned, further details Emily 01702 390472.
- Meeting, Roche Art Group, St Teresa's Church Hall, located behind the Church, 109 Ashington Road, Rochford, Wednesdays 7.30-9.30pm, visitors welcome, further details Gill 01702 421737.
- Advanced Computer Course, Pitsea Day Centre Over 50s, Northlands Pavement, Pitsea, every Wednesday, 9.30-11.30am. 01268 465432.
- Over 50s Session, The Megacentre, Rayleigh, Wednesdays and Thursdays 2-4pm, badminton and short mat bowls, session price 3.50 includes refreshments and use of equipment. 01268 779100.
- Duplicate Bridge, Highlands Methodist Church, Olive Avenue, Leigh, small friendly club, Wednesdays 7.30pm, further details Hilary 01702 712501.

Thursday, December 12

- Alzheimer's Society, Peer support group at St David's Church, Rayleigh Road, Eastwood, Providing emotional

support for carers and their families.

- 01702 345156.
- Alzheimer's Society, Ladies Keep Fit Group, St Edmunds Community Centre, St Edmund's Close, 1-3pm. 01702 345156.
- Scottish Country Dancing is about fun, fitness and friendship. Why don't you drop in and try it - Free For First 2 Evenings. St Peter's Church Hall, Eastbourne Grove, Westcliff. 7.30pm. No need to bring a partner all you need is soft shoes. It is not sword/highland dancing but jigs, reels and strathspeys.
- Line Dancing Evening, 7.30-10.30pm, Southend Bowling Club, Tunbridge Road, SS2. 01268 281488.
- Southend-Rochford Group of Essex Wildlife Trust. Indoor Meeting 7.30pm Belfairs woodland centre, Dr. Leanne Hepburn speaking on local marine Conservation.
- George Hurd Centre, Basildon, for the over 50's. Crafts 10am-12pm, Bridge 9.30am-12.30pm, Ceramics, 2-4pm. £2, 01268 465854.
- Music, The Maritime Room, Cliffs Pavilion, Southend, 'Chris Standing', admission £15 on door, students £7 with valid photo card, doors open 8pm, music from 8.30-11pm.
- Health Walk, Hockley Woods, 10.45am, car parking in Hockley Woods Car Park, every Thursday, details 01702 318121.
- Jive classes every Thursday at Ambleside Social Club, Ambleside Drive, Southend, from 8pm, £5 (first night free), all ages welcome, no need to bring a partner. 07771 831507.
- Buddies Over 50 Singles Club, Anchor Pub, Benfleet, 8.30pm every Thursday, meet new friends, varied social activities, further details Dee, 01268 565045.
- Meeting, Westcliff National Spiritualist Church, Hildaville Drive, Westcliff, every service we have mediums that demonstrate clairvoyance, Thursdays 7.30pm and Sundays 6.30pm.
- Pottery, George Hurd Centre, Audley Way, Basildon, for the over 50s, every Thursday 1.30-3.30pm. 01268 465854.
- Coffee, Cake and Chat, WI Hall, Bellingham Lane, Rayleigh, ladies and gentlemen, join us every Thursday 2pm, further details Di 07952 148636 or Linda 07504 114762.
- Stalls in Outpatients Department, next to post box, Southend Hospital, books, bric-a-brac, hand knits etc, every Thursday 8.30am-3.30pm, all proceeds to Bosom Pals Appeal.
- Tea Dance, St James' Church Hall,

Elmsleigh Drive, Leigh, ballroom, Latin and sequence, every Thursday 2-4.15pm. 01702 216726.

- Ceramics, The George Hurd Centre, Audley Way, Basildon, for the over 50s, every Thursday 2-4pm, details 01268 465854.
- Why not try Carpet Bowls, The Salvation Army Hall, Elm Road, Leigh, Thursdays 2-4pm, 4, first 3 weeks free, details 01702 553546.
- Short Mat Bowls, Willows Park, James Hornby School, Leinster Road, Laindon, every Thursday 7.30pm, first 3 weeks free, details 01277 625027.

Friday, December 13

- Alzheimer's Society, Singing for the brain, at Cornerstone United Reform Church, Bournemouth Park Road. For all carers and people with dementia. Come along for a great sing-song. 2-4pm 01702 345156.
- Informal Carol Service, 7.30pm, Leigh Beck Baptist Church, High Street, Canvey Island. Popular Carols + tea, coffee and mince pies.
- George Hurd Centre, Basildon, for the over 50's. Crafts 10am-12pm, £2 01268 465854.
- Runwell Art Club, lively friendly group of people wishing to expand their membership every Friday 10am-1pm, £3 per session, all abilities welcome, further details Carole 01268 560005 or Paula 01268 734436.
- Sequence Dancing, George Hurd Centre, Audley Way, Basildon, for the over 50s, every Friday 2.15-3.15pm. 01268 465854.
- Book Club, George Hurd Centre, Audley Way, Basildon, for the over 50s, every Friday 10-11am. 01268 465854.
- Drama Classes, Helen O'Grady Drama Academy, The Stables, Chalkwell Park Drive, Leigh, not a stage school, designed to increase children's life skills, Fridays after school, to enrol call Dina 01245 328680.
- Bargain Box Open, Pastoral Centre, St Martin's Church, Basildon (Church walk near Marks and Spencer), every Friday 10am-noon, good quality/nearly new clothes, bric-a-brac, books, videos etc, tea/coffee, all welcome, no entrance charge.
- Table Tennis, Laindon Community Centre, Aston Road, off High Street, for over 50s, any standard, friendly group, every Friday 11am-1pm, free parking. 07931 564105.

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eating out

Advertisement feature

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THE Shagor tandoori restaurant describes itself as the 'Rajah' of Indian dining and it is easy to see why.

With excellence at the centre of its ethos it happily associates itself with the Indian word for prince or king as it is offers the ultimate in tandoori dining.

Since opening its doors in 1999, the Shagor has been devoted to providing the best in Indian cuisine and serves a wide range of hearty dishes, from popular cuisine to those that are much more rare.

As well as boasting a five star food and hygiene rating, the restaurant is also a previous British Curry Award certificate winner and has also been short listed in the Asian Curry Awards.

Its vast menu offers a wide selection of distinctive tastes crafted to suit your very own palate including a wide range of starters such as Shahi Kebab - spiced lamb mince cooked with herbs and spices with fried egg dressing - and Fish Kebabs of tuna cooked in medium spices and herbs and fried in oil.

It has an extensive range of tandoori, seafood, fish, chicken, meat, biryani, and vegetarian dishes as well as a variety of special dishes including Nagri Fish Jholl, Nagri Mixed Balti and Nagri Golda Prawn.

House Specials include Garlic Chilli Chicken cooked with vindaloo spices, green peppers, onion, fresh coriander and green chilli, as well as Lamb Tikka Dupaiza, mar-



inated in special spices, baked in a clay oven and cooked with medium and hot spices.

Alongside all this diners can also try a range of Chef Specials including Monchorian Chicken - finely sliced chicken tikka cooked in thick sweet and sour sauce - barbecued Chicken Tikka Jaipuri cooked with very light spices and fresh coriander and served with oriental sauce, and off the bone Peshwari chicken or lamb dishes cooked with pesto and cashew nuts in a mild sauce.

As well as its vast menu, the restaurant also serves an extensive 'eat as much as you like' buffet on Sundays, which costs just £6.95 for adults and is half price for children, and hosts tribute nights and cash winning events so call for further information.

The restaurant is also now taking bookings for Christmas where it will be the perfect place for festive celebrations with friends, family and work colleagues. They will also be open on Christmas Day when you can enjoy a meal for just

£16.95 for adults and half price for children aged under 10.

The Shagor, at 108 Hamlet Court Road, Westcliff, which is open from noon to 2.30pm and from 5pm to 11pm, from Monday to Saturday, and from noon to 10pm on Sunday, also offers a free local takeaway delivery service on orders over £10.

For further information about Shagor tandoori restaurant, or to book a table, call 01702 347468 or 01702 347461 or visit www.the-shagortandoori.co.uk

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Advertisement feature

eating out

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DINERS at a Shoebury restaurant are enjoying a spot of sunshine thanks to its Mediterranean warmth and outstanding cuisine.

Chiquita, in West Road, has brought a breath of Iberia to Southend for the past 13 years.

Its recipe for success is down to its owners, Augustin and Dora Souto, and the support of their staff.

Both Augustin and Dora would like to thank diners for their continued support over the years, as its popularity, along with its friendly service and mouth-watering food, has led Chiquita to become the successful restaurant it is today.

The eatery, with its traditional decor and menu, is an ideal venue for a family outing, a friendly get together, a romantic evening or, indeed, any celebration.

Chiquita, which can comfortably seat up to 50 people, offers a wide range of excellently prepared traditional Spanish and continental dishes, as well as an impressive sweet trolley.

It has an extensive a la carte menu for diners to choose from including a wide choice of starters and main dishes, and a variety of desserts.

It also has a popular set menu, available from Monday to Friday, which offers a choice of starters, main courses and sweets from the trolley, for just £14.50 per person.

The restaurant is now taking bookings for pre-Christmas meals, Christmas Eve and New Year's Eve, and anyone interested is urged to call as soon as possible to avoid



disappointment as Christmas Day is already fully booked.

Augustin and Dora would like to take this opportunity to wish all their customers a Merry Christmas

and a Happy New Year.

Chiquita is open from 6-11pm from Monday to Saturday, and from noon to 3pm on Sunday lunchtimes.

For further information, or to make a reservation, call Chiquita on 01702 297068 or visit www.chiquitaspanishrestaurant.co.uk

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eating out Advertisement feature

Regency Spice is perfect for celebrations

ONE of the largest restaurants in Essex is the perfect place to celebrate a range of occasions, particularly Christmas.

Regency Spice Restaurant, Lounge and Diner, in Back Lane, Rochford, is renowned for its extensive range of delicious food as well as its Live Entertainment Evenings and Tribute Nights, particularly during the festive season.

As well as The George Michael Bublé Show with Richard Carter on Friday, November 29, Regency Spice will be hosting a number of Festive Party Nights and Christmas Party Tribute Nights in December.

These include entertainment from Lauren Ashleigh on Friday, December 6; Jules on Saturday, December 7; Abba Unique Girls on Thursday, December 12; Jade Tibbs on Friday, December 13; Jenny Barlow on Saturday, December 14; Blues Brothers on Thursday, December 19; Claire Capon on Friday, December 20; and Alex on Saturday, December 21.

Its New Year's Eve Party Night, including entertainment from Leah Reynolds, looks set to be popular so book early to avoid disappointment.

As well as being the perfect setting for festive celebrations with friends, family and work colleagues, Regency Spice will also be serving a special menu on Christmas Day, from noon to 5pm, for just £29.95 per person (half price for children) which includes a welcome glass of champagne followed by a five-course feast or English cuisine if you prefer.

On Boxing Day the restaurant will also be serving an extensive buffet from noon to midnight, which costs just £11.95 per person, as well as its a la carte menu.

Regency Spice has proved popular since opening more than two years ago thanks to its exquisite food that looks sensational and tastes divine. Its vast menu includes a range of dishes from chef's recommendations to Regency specialities, as well as tandoori specialities, balti dishes, Nepalese and Bangladeshi specialities, Thali and Kurzi specials, Persian, chicken, meat, fresh fish and shellfish dishes, as well as Thai specialities, vegetarian options and Regency Combination Platters for two or four people. These are complemented by a wide range of starters, rice dishes, nan breads, sundries and pickles, and desserts, as well as an extensive drinks list including a wide range of beers and wine. Its five-course Midweek Special (served Monday to Thursday), includes any starter and main dish, rice or nan bread, a side dish, and tea or coffee for just £12.95: its Business Lunch, served from noon to 2.30pm on weekdays, offers a choice of dishes for just £8.95 per person; while its Sunday Buffet, served from noon to 11.30pm, allows you to eat as much as they like from a large selection of delicious dishes for £7.95 per person, or £3.95 for under 10s. The restaurant's owner, Tony, who has been in the catering business for more than 40 years, prides himself on his restaurant, which is a wonderful place to celebrate a range of special occasions. It has ample space for large parties thanks to its separate function room, which is complete with dance floor, sounds, lights and smoke, as well as karaoke.

CHARITY EVENTS
The restaurant, which has full disabled access, can also host charity nights for which it will donate 50 per cent to the charity of your choice. Regency Spice, which has a full takeaway service including free delivery, is open from noon to 2.30pm and from 5.30pm to midnight, from Monday to Saturday, and from noon to midnight on Sundays. To make a reservation or for further information about Regency Spice, call 01702 530422 or 01702 531324 or visit www.regency-spice.co.uk

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Cinema

Disney heroines have come of age

Frozen (PG, 125 mins)

Loosely based on The Snow Queen by Hans Christian Andersen, Frozen proves that Disney's animated heroines have unquestionably come of age.

Long gone are the rose-tinted days when princesses waited patiently for Prince Charming to sweep them off their feet or save them from some grim fate.

Now, the spunky, independent and self-assured heroines are just as smart and resourceful as their male contemporaries, and they don't need the love of a man to affirm their self-worth.

Frozen is a terrific fairytale adventure that melds old-fashioned values with state-of-the-art visuals and a rousing musical score with infectious songs by husband-and-wife team Robert Lopez and Kristen Anderson-Lopez.

Every beautifully coloured and crafted frame is crammed with wit and joy, drawing in audiences of all ages to the story of two sisters battling against both the elements and their fears to claim their rightful place on the throne.

Director Jennifer Lee and Chris Buck don't let the pace flag and the 108 minutes pass in a blur of laughter, tears and frost-bitten action sequences, that look especially stunning in 3D with all of the computer-generated snowflakes fluttering just in front of your face.

You won't need to wrap up warm though because the story casts an irresistible warm glow to thaw even the most cynical and jaded heart.

As children, Anna (voiced by Kristen Bell) and Elsa (Idina Menzel) love to play together, taking full advantage of Elsa's ability to create ice and snow from her fingertips. When accident late one night almost ends in disaster, the King (Maurice LaMarche) agrees to wipe



Hans, voiced by Santino Fontana and Anna, voiced by Kristen Bell.

PA Photo/Disney

Anna's memory so she forgets about her sibling's hidden talents.

At the same time, Elsa retires from public gaze, fearful that she will hurt someone else with her powers.

When the King and Queen are subsequently lost at sea, Elsa reluctantly emerges to claim the throne. Unfortunately, on her coronation day, her gloves come off and the locals witness her powers, branding her a witch.

She flees into the snowy mountains to live

alone in a castle of ice.

Anna gives chase, leaving the kingdom in the hands of her trusted sweetheart Prince Hans (Santino Fontana). As she ascends towards Elsa's hideaway, Anna meets hunky ice trader Kristoff (Jonathan Groff), his loyal reindeer Sven and a blissfully naive talking snowman called Olaf (Josh Gad).

Frozen is one of the best animated features to canter out of the Disney stable in years. Warm-hearted, uplifting and constantly sur-

prising, it's a timeless fable that will appeal to both boys and girls thanks to uproarious comic relief from Olaf (who is too cute for words).

Bell and Menzel add vim to their plucky heroines, the latter singing the film's stand-out song Let It Go.

As an added treat, Frozen is preceded by a black and white Mickey Mouse short, Get A Horse, that seems to hark from a bygone era but has a wicked sting in the tail.

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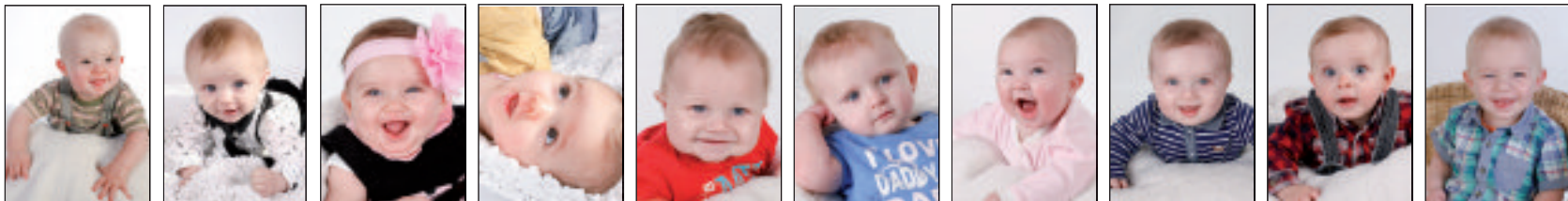
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0 – 9 Months



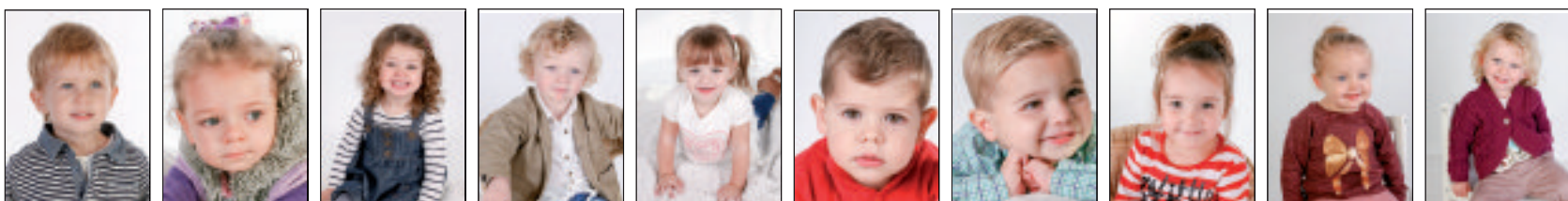
1006 Jack	1007 Black	1010 Olivia	1015 April	1016 Ryan	1022 Gracie	1023 Poppy	1028 Stanley	1035 Heath	1040 Jacob
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10 – 18 Months



2002 Billie	2005 Gracie	2007 Poppy	2008 Connor	2011 Darcy	2012 Ruby	2013 Lousie	2014 Kaiden	2019 Courtney	2023 Maci-Louise
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19 – 36 Months



3002 Noah	3004 Lily-Rose	3005 Evie	3007 Charlie	3009 Jessica	3010 Dylan	3011 Aiden	3012 Rumer	3019 Lacie=Mai	3021 Graceson
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3 – 6 Years



4002 Gabriella	4006 Brandon	4008 Katie	4009 Violet	4010 Kara	4020 Elicia	4022 Maryanne	4024 Mae	4025 Charlie	4027 Daisey
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Voting telephone/texting numbers

0 - 9 Months

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and follow the instructions or text your vote by texting:

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10 - 18 Months

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19 - 36 Months

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3 - 6 Years

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Voting/text lines close Tuesday 9am 10th December

Calls cost £1.03 from BT landlines. Other networks, mobile and payphones will vary. Text cost £1.00 plus standard network rates.

If you text your vote after 9am 10/12/13, your vote will not count and you may still be charged. If you do not wish to receive details on any other products or services, please text EXIT at the end of your message
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Local independent estate agent, Countryside Estates joined Relocation Agent Network to mark its 20th National Conference and celebrated their status as Rayleigh's Local Expert.

Countryside Estates joined fellow Relocation Agent Network members from across England Scotland and Wales for the National Conference at London's Park Plaza Riverbank Hotel on Friday 15 November.

Celebrating its 20th National Conference, the Relocation Agent Network event culminated in a glittering black tie Awards Dinner and ceremony, which was endorsed by leading UK relocation HR magazine Re:locate. The sold out evening event was hosted by television and comedian Dara O'Briain.

Relocation Agent Network personally selects each of its members, basing criteria on quality of service, local knowledge, professionalism and mystery shopper feedback. Affiliated to Cartus, the premier provider of relocation services, Relocation Agent Network members help Cartus move relocating families in and out of areas across England, Scotland and Wales. This offers Countryside Estates customers an additional channel of buyer when selling their property.

Members like Countryside Estates can also help customers through their unique 'Referral Network', which helps people who are looking to move out of the local area, by referring them to a Relocation Agent in the location they are moving to.

Managing Director of Relocation Agent Network, Richard Tucker said of Countryside Estates attendance, "We are delighted to have welcomed each of our members, including Countryside Estates to this year's 20th National Conference. As a selected member of the Network, in our opinion, Countryside Estates are Rayleigh's and Benfleet's Local Expert for buying and selling."



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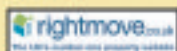
BENFLEET £825 pcm

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£950 pcm



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£750 pcm



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Hadleigh

£550 pcm



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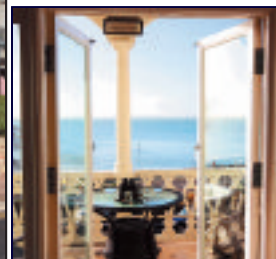
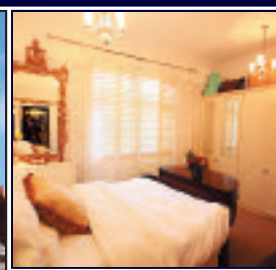
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South Woodham Ferrers £235,000

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Leigh-On-Sea OIEO £180,000

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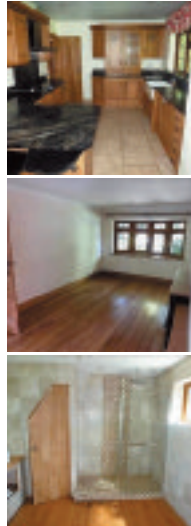
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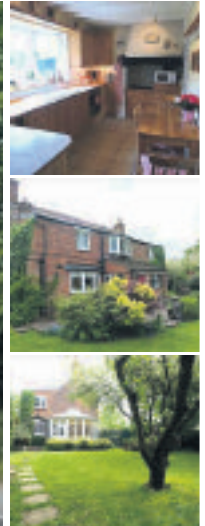


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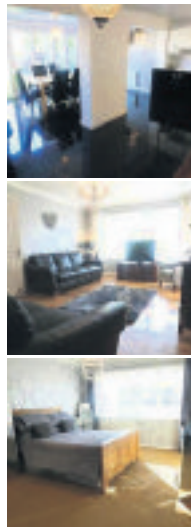
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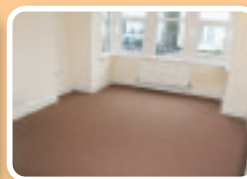
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Westcliff-On-Sea £210,000-£220,000
A beautiful and generously proportioned four bedroomed house arranged over two floors offering bright and modern living with garden and off-street parking for one car.



New Instruction
Westcliff-On-Sea £300,000 - £325,000

A large three Bedroom Semi detached property, with beautiful gardens, double garage and scope to extend to the side. (S.T.P.C)



Southend-On-Sea £160,000 - £170,000
A well proportioned and beautifully presented three bedroomed family house arranged over two floors and boasting a 40' garden with side access and downstairs W.C.



New Instruction
Great Wakering £200,000 - £210,000

A beautiful four bedroomed house, boasting stylish decor, modern fixtures and off-street parking for multiple cars.



Southend-On-Sea £105,000 - £115,000
Offering light and airy interiors, this gorgeous Edwardian home boasts imposing rooms with modern decor, High ceilings, parking and excellent storage.



SOLD IN NOVEMBER!
Eastwood £230,000-£250,000
Ideally located on a quiet cul-de-sac in Eastwood, this excellent three bedroomed detached house offers large rooms with ample living and entertaining space, en-suite to master bedroom and a stunning eat-in kitchen.

“Happy Landlords”

A recent survey of over 500 residential landlords by Endsleigh Insurance reports that landlords are overwhelmingly satisfied with the service they receive from their letting agent and find them an invaluable resource. Some 92% of landlords reported a positive experience with their letting agent.

The market for lettings is of course relatively buoyant that the moment and agents must be vigilant not to allow standards to slip. Whilst there are many prospective tenants for each property it is usually quality that is the issue, not quantity. The survey reported that whilst speed of finding a tenant was important, the vast majority (93%) of landlords said that one of their main priorities is ensuring that the tenant is reliable. This usually means someone who will look after the property and pay their rent on time.

The survey confirms the importance landlords place on agents going that extra mile to service clients by finding good-quality tenants and filling properties quickly, while providing a consummately professional and personal offering.

This is nothing new to us of course as even when properties were harder to let, we were always fastidious about ensuring that tenants were well-referenced. We even check tenants' employment status and seek out previous landlord references! We even go so far as to credit check any guarantors. Anyone can guarantee someone else's rent, but if they themselves are not good for the money then such a guarantee is not only a waste of paper, but provides landlord and agent alike with a false sense of security. Sadly a defaulting guarantor is only discovered long after the tenant has bolted.

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westcliff on sea 188,000 - £195,000
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SOLD IN NOVEMBER!
Leigh-On-Sea £190,000 - £210,000
This lovely three bedroom semi detached property with fabulous open plan entertaining space a detached garage and 45ft rear garden. Located centrally for reaching both Southend and Rayleigh.



SOLD IN NOVEMBER!
Westcliff-On-Sea £100,000 - £109,995
This is a superb one bedroomed first floor flat with well proportioned rooms including bright reception room, lovely modern kitchen and a private garden with direct access.



SOLD IN NOVEMBER!
Southend-On-Sea £300,000 - £310,000
Offering stunning panoramic views of Southend and surrounding areas this superb penthouse apartment presents a plethora of light and airy accommodation with the benefit of an en-suite shower room and allocated parking.



SOLD IN NOVEMBER!
Leigh-On-Sea £240,000-£250,000
Enviably located on a peaceful road in the heart of Eastwood, this desirable four bedroomed residence benefits a bright, modern and spacious interior with a 60' west-backing garden.



SOLD IN NOVEMBER!
Southend on Sea £164,995
A Stunning two bed house with parking. The property is situated in Southchurch Village and offers many fine features throughout to include:- luxury four piece bathroom suite, Modern Kitchen breakfast room, lounge, Dining room, two double bedrooms and much more!



SOLD IN NOVEMBER!
Westcliff-On-Sea £300,000 - £325,000
Sited in a quiet residential Cul-de-Sac, this lovely three bedroomed Semi detached house offers wonderful entertaining/living space and a generous garden with ample parking.



SOLD IN NOVEMBER!
Southend-On-Sea £185,000 - £195,000
A well proportioned and beautifully presented three bedroomed spacious family house arranged over two floors and boasting a lovely garden, garage, conservatory, off-street parking and stylish decor throughout.



SOLD IN NOVEMBER!
Westcliff-On-Sea £165,000 - £175,000
This is a superb three bedroomed maisonette with well proportioned rooms including two reception rooms, private roof terrace and additional own rear garden. Excellent decorative order throughout



SOLD IN NOVEMBER!
Eastwood £180,000 - £190,000
This two bedroomed bungalow boasts spacious accommodation combined with modern decor and a manageable sized rear garden. The property is presented in excellent condition and occupies a cul-de-sac location.



SOLD IN NOVEMBER!
Westcliff-On-Sea £130,000
This large two bedroom house (originally three bedrooms) benefits from well proportioned rooms and a central location close to Southend Victoria and Westcliff Railway stations.



SOLD IN NOVEMBER!
Southend on Sea £185,000 - £195,000
This immaculately presented three bedroom house is situated in a popular residential location and benefits from a recently fitted kitchen with built in appliances. Viewing is essential to appreciate this lovely family home.

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ASK THE AGENT ALAN KIRKMAN

Q. Are properties with north-facing gardens actually worth less than others?

A. The short answer is: almost certainly not! Granted, there is a widespread perception that somehow, homes with south-facing gardens are automatically more desirable, and therefore worth more. But that is by no means always the case.

The simple fact is that whichever way a property faces has its advantages and disadvantages, depending on your personal taste and your lifestyle preferences. The main thing in favour of a southerly aspect, for example, is the sun. But this is not always a plus. We've all been in homes where you simply can't sit in the south-facing conservatory, because it's like an oven. The same can be true of any south-facing reception room – particularly if it has large areas of glass. And even if it's not too hot, the sun itself can still be uncomfortably bright.

In fact, for practically anyone who isn't a card-carrying sun-worshipper, a nice, cool north-facing garden can be a real treat in the heat of the day – particularly when filled with shade-loving plants and the soothing sound of running water. Moreover, pet-owners will often actually prefer a north-facing garden, precisely because of the shade it offers. And of course a north-facing bedroom will be to a lot of people's liking during those long hot summer nights. But in any case, most north-facing gardens still get a fair amount of morning or afternoon sun at those times of year when it is actually warm enough to sit out.

If there is such a thing as the ideal orientation, then my personal preference would be for east-west – with the garden facing the latter. That way, you not only get all the benefit of the early morning sun (hopefully!), but also the very best of any balmy summer evenings that come your way.

That said, however, when it comes to choosing a property to buy, I would personally never let its orientation alone dictate my choice. And neither, I would suggest, would anyone else.

So, my advice is, if you find a property you like, and if you yourself have no particular preferences as far as orientation is concerned, then I would go ahead and buy it – and not worry what some hypothetical buyer might think, if and when you decide to sell it again.



ALAN KIRKMAN is Director of Essex TEAM – part of the UK's largest branded network of independent estate agents, with 50 computer-linked offices across the county and 500 more nationwide. Managing Director of Tudor Estates in Southend, Alan has been an Estate Agent for over 25 years.

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Drivetime

By Lee Gibson

EVEN with our increasingly harsh and unpredictable winter weather it's rare that anyone needs to drive up a snow-covered hill. But when the need does arise, anyone attempting it without a 4x4, I would suggest, is crazy.

But that's precisely what Peugeot demonstrated at the United Kingdom launch of its 208-based 2008 – and it was all indoors.

The French car maker had arranged a surprise stop-off at Tamworth's Snowdome to showcase their new baby's innovative grip control function. A combination of technical wizardry and a set of all-weather tyres meant that compact crossovers were speeding up the leisure centre slope and coming down again with the poise of Franz Klammer at Kitzbuhel – all without the need for cumbersome all-wheel drive gear.

It was an impressive trick and made the launch one of the more memorable ones.

It's worth pointing out, though, that not all 2008s come equipped with the grip-control system and that there's more to a family motor than just being able to get around in the snow. So I wanted to see whether it was more than just a one-trick pony.

Raised ground clearance, chunky protective cladding, bulging wheel arches and the de rigueur roof rails give it a suitably tough look. Under the skin, it shares a lot of its architecture with the latest 208 – and from a driving viewpoint that's not a bad thing.

The dashboard and control panel are lifted pretty much straight out of the supermini and everything is logically and intuitively laid out. At the centre of the driver's focus is the same smaller-sized steering wheel used in the 208 which helps to make for an enjoyable and engaging drive. The 2008 displays

Who needs 4x4?



MOUNTAIN LION:
The Peugeot 2008 Feline e-HDi 115 is a compact crossover without 4x4 that can really climb

a fair dollop of the sporty, nimble handling of its hatchback sibling and, although it's extra height means there is some body roll, the grip feels confident and assured.

The 115bhp, 1.6-litre diesel power-pack in my test car proved more than capable, with plenty of pull across a wide rev band and a prompt response when I needed to push the pace. The six-speed manual transmission offered plenty of versatility.

Cruising was effortless and reasonably refined, there is a little wind noise at higher

speeds, while the automatic start-stop system that comes with this engine helps to achieve impressive average fuel economy of 70mpg with carbon emissions of just 105g/km, so running costs will be low.

Cars equipped with the grip control system, as this one was, offer settings for all-terrain (slippery mud, wet grass, etc) and sand as well as snow, plus the standard mode or an option to turn stability and grip control off altogether. There

FAST FACTS

Price: £19,145
Mechanical: 115bhp, 1,560cc, four-cylinder diesel engine driving front wheels via a six-speed manual gearbox
Max speed: 117mph
0-62 mph: 10.4 seconds
Combined mpg: 70.6
Insurance group: 20
CO2 emissions: 105g/km
BiK rating: 16%
Warranty: Three years/60,000 miles

shouldn't, therefore, be many places you can't go that you would want to in a family car. And the ride remains pretty comfortable thanks to the forgiving suspension.

The 2008 is longer and slightly wider than the 208 but is still not large and manoeuvring around in town remains very easy.

The extra space is put to good use inside, though, and, coupled with a higher roofline, means there's plenty of head and legroom for four adults, five at a push, to get comfortable. The 360-litre boot is also generous and has a wide opening and low lip which makes loading heavy and awkward items easier, while the 60/40 split rear seats also fold flat for extra load capacity, up to 1,194 litres, when needed.

Equipment in entry-level Access models is a little sparse with air con and cruise control being about all their is to brag about. Stepping up to Active trim, though, adds alloy wheels, fog lights and a seven-inch touchscreen entertainment system with DAB radio and USB and Bluetooth connectivity.

Allure cars also get all sorts of enhanced design touches inside and out including some eye-catching ambient LED lighting as well as that grip control system, with certain engines, while the range-topping Feline version I drove gains a choice of luxury upholstery, panoramic sunroof with electric blind, satnav and bigger alloys.

And there's ABS brakes, stability control and six airbags standard across the range, helping the 2008 to the top five-star rating in the Euro-NCAP crash tests.

Yes, certainly not a one-trick pony.



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motoring news

The Bentley V8: Selling power to the powerful



OPULENT:
Bentley V8

by Ian Johnson

BENTLEY certainly stepped on the gas in 1959 when the old 4,887cc, six-cylinder engines gave way to the 6,230cc V8 that fans grew to love.

The Bentley S2 of that year was the first of a long line of V8s and it marked a sea-change in the power output of these large and opulent cars.

The truth was that the V6 could not be developed any more and the V8 offered lots of potential, but although having more power – an estimated 200bhp – it was not massively faster than its V6 predecessor at 110 mph. But it was around four seconds quicker to 70mph and that made a big difference to those who wanted a bit more from their Bentley.

The larger capacity engine and the urge to exploit the extra acceleration came at a cost in fuel consumption but, at higher cruising speed where the old six-cylinder would be working hard, the difference was small.

In any case, in those days if you ran a

Bentley you generally did not worry about the cost of fuel. This was a car of the real golden days of classics and made most other large, fast cars of the time pale into insignificance.

The body shape was the same as the Rolls-Royce Silver Cloud II because both cars were made at Crewe.

The S2 in its standard steel body remains one of the most iconic Bentleys ever. It was the sort of car that made people gasp with admiration whenever it whooshed past.

It also spawned the more expensive S2 Continental with higher final drive ratio which could top 120mph which was a sky-high speed for 1959.

The argument still rages as to which was the overall better car, the six-cylinder S1 or the eight-cylinder S2. I have driven them both and each is delightful in its own way own way. But the S2 felt a much more muscular car and had a more modern feel to it.

It was manufactured until 1962 when the S3 made its debut, complete with high compression engine and four headlights.

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BLUES DENIED TOP SPOT BY PENALTY

**Sky Bet League 2
Southend United 1
Cheltenham Town 1**
Brian Jeeves at Roots Hall

A PENALTY deep into stoppage time denied Southend United the opportunity of moving to the top of Sky Bet League 2, although this result stretched the Blues' unbeaten run to six matches in all competitions.

Following dramatic late victories over York City and Portsmouth, expectation was high amongst the home support. This seemed to make for a nervy atmosphere with the crowd seemingly suffering from a bout of butterflies which wasn't aided by a somewhat dishevelled performance from the Shrimpers.

Cheltenham started brightly. Pacey wide man Jermaine McGlashan showed Rob Kiernan a clean pair of heels, but his cross came to nothing. Byron Harrison was next to threaten. Firstly, his header was cleared off the line, then he was inches away from turning in after a good build up on the right flank.

The visitors continued to press. Richards fed Harrison, whose cross eluded a clutch of potential takers, then Daniel Bentley earned his corn, making an excellent save to deny Harrison.

Goalkeeper Bentley has been a key performer in the Shrimpers' surge up the table. Once again he

was called upon, this time adjusting his feet and showing tremendous agility to turn aside David Noble's deflected free kick.

Southend weathered the early storm and started to express themselves a little more. John White and Kevan Hurst were at the hub of the Blues' best moments, particularly in wide positions. Nevertheless, Cheltenham dealt comfortably with anything thrown into the box.

The home side had a real let-off when Harrison seized on hesitance between Kiernan and Bentley only to see his centre evade McGlashan. Southend hit back when Will Atkinson found some space only to see his snap shot deflected away from danger. Soon after, Shrimpers striker Barry Corr perhaps should have done better, wriggling his way into the box only to fire a weak effort into the gloves of Scott Brown.

Cheltenham had Southend on the back foot for most of the opening period. However, five minutes before the break, it was the home side who made the breakthrough. White centred to midweek hero Barry Corr, who in turn found Hurst. The Shrimpers' wide man hit the back of the net from close range, reacting the quickest after Brown had done well to keep out his initial effort. The goal was somewhat harsh on the visitors, whose performance had belied their lowly league

position, not that the majority of the 5,677 crowd gave two hoots.

News filtered through that league leaders Oxford United were behind at Fleetwood, prompting a slightly premature chorus of "We are top of the league" from the Blues Voice who had endeavoured manfully to get the Roots Hall faithful into song.

The goal seemed to work as a tonic for Southend who began the second half at a higher tempo, nonetheless, Cheltenham continued to create the lion's share of the chances.

Bentley used his fists to clear from Noble's dead ball kick. Richards found the net following Noble's flank play, only for a hawk-eyed flagsman to rule him off-side.

Skipper John White came close to doubling Southend's lead. His low long range effort fizzed past both Brown and an upright. While at the other end, Bentley was once again called into action, this time fisting away another dangerous centre from Noble, then Richards was denied by some last ditch defending after skilfully dribbling his way into the Blues' penalty area.

Southend's attacks had become sporadic. Hurst watched his cross zip past the far post with Brown in no man's land after linking up well with substitute Conor Clifford down the left.

It had been far from a rousing performance from the Shrimpers, and deep into time added on, Cheltenham grabbed the point that in truth they richly deserved.

McGlashan's header struck the hand of Anthony Straker following a deep cross, and referee Trevor Kettle showed little hesitation in pointing to the penalty spot, much to the disbelief of the home side. Mr Kettle had the Roots Hall crowd steaming on several occasions, but in fairness, he seemed to have got this one spot on. Matt Richards dispatched the penalty, sending Bentley the wrong way in the process.

Fans trudged out of Roots Hall disappointed. However, they'll point to the fact that Southend picked up a point despite being far from their best. This might prove to be all important come the shake up when the campaign reaches its conclusion.

On Saturday Southend travel to the Proact Stadium where they face Chesterfield in the second round of the FA Cup, kick-off 3pm.

Southend United: Bentley, White, Kiernan, Prosser, Coker, Hurst (Thompson 88), Atkinson, Timlin, Laird (Clifford 73), Straker; Corr. Subs not used: Smith, Phillips, Payne, Njie, Reid

Cheltenham Town: Brown, Jombati, T. Brown, Elliott, Braham-Barrett; Taylor (Gorrell 81), Noble, Roope (Penn 72), Richards, McGlashan; Harrison. Subs not used: Roberts, Goldson, Deering, Ajala Cureton

Football

Goals galore in Senior League

Non-league round up By Brian Jeeves

THE Essex Senior League was the place to be for goals this weekend, with the onion bag bulging no less than 37 times in the 10 matches played.

Leaders Great Wakering Rovers salvaged a point thanks to Dave Collins injury time penalty, this after visitors Basildon United had taken an early lead through Ben Sartain. Enfield 1893 closed the gap with a 4-1 triumph at Eton Manor, while FC Romania won an entertaining clash with Clapton 4-2.

Takeley were the biggest winners of the day, thrashing Sporting Bengal United 5-1 and Barking scored three without reply against Southend Manor. There was away wins for Hullbridge, 3-1 at Greenhouse London, Sawbridgeworth, 4-1 at London APSA, Haringey Borough, 2-0 at Ilford and Stansted by the same score at lowly London Bari.

Elsewhere, it was the end of the road for Concord Rangers in the FA Trophy. Mike Gosney's early goal secured a 1-0 win for Gosport Borough over the Beach Boys, while East Thurrock United and Dover will have to do it all again after their tie ended 1-1.

Chelmsford City secured much needed points in the Skril Conference South. Goals from Sam Long, Joe Ward and the evergreen Bertie Brayley gave the Clarets a 3-1 triumph over Farnborough.

In the Ryman Premier, AFC Hornchurch continued their charge toward promotion with a 3-0 win over Wingate & Finchley, Carl Rook, George Purcell and Stefan Payne finding the net. Grays Athletic recorded an impressive 2-0 win at Hampton & Richmond Borough, while Billericay Town won by a single goal at Cray Wanderers. Canvey Island picked up a use ful point from their trip to Margate, Moses Ademola once again found the net for the Gulls.

There were plenty of goals in the Ryman North with Redbridge beating Romford 5-2 and Brentwood winning 4-1 at Wroxham. Two first half goal were enough to see Barkingside snatch the points at Tilbury who replied through Danny Aldwinckle. Burnham Ramblers and Heybridge Swifts fought out a 1-1 draw as did the games at Aveley (v Ware) and Needham Market who entertained Maldon & Tiptree.

Cricket

Cook awarded a benefit year

ESSEX have awarded Alastair Cook a Benefit Year for 2014. The 28-year old batsman has risen through the club's academy system to become one of the leading opening batsmen in world cricket, England test captain and an icon for supporters around the globe.

Cook said on the honour: "I am honoured to be awarded a benefit year by Essex. I'm determined that the year will be fun and I also pledge to donate at least half of the money raised to my four chosen charities; David Randall Foundation, Chance to Shine, Outreach Uganda and Mind."

Essex County Cricket Club Chief Executive, Derek Bowden said: "We are delighted to award Alastair a benefit year for next season as he is a player with immense talent and has proven to be one of the best cricketers Essex County Cricket Club has ever produced.

"He is a role model for supporters of the club at all ages."

Ad hoc bowls team makes semi finals

Bowls

TWO Brentwood couples are celebrating after making it through to the semi-finals of a competition with 88 teams of indoor bowlers from across the UK.

Holidaymakers Jim and Kathy White and Les Powell and Ann Betts had never met before they were grouped together by competition organisers at Potters Leisure Resort in Norfolk who named their team 'Unknown'.

After four preliminary rounds against established club teams, the ad hoc Brentwood contingent got through to the knockout stage and into the quarter-finals which they won by one shot on an extra end decision.

After their last bowl was delivered in the semi-final, they were four shots up and another victory looked certain, until the opposing skip's final wood trickled in for a single-shot win.

'Unknown' skip Powell said: "Considering we had no experience of playing together, we really exceeded our expecta-

tions. Despite missing a place in the final by a whisker, we were over the moon to get as far as we did and to have had a chance to play on the hallowed blue rinks of the International Arena at Potters."

Apart from winning cash vouchers, they were presented with a framed team photograph and invited to take part in the end-of-season Champion of Champions Tournament at the prestigious sporting venue which hosts the World Indoor Bowling Championships each year.

Powell and Betts are members of Stonyhill Indoor Bowls Club in Herongate and the Whites used to play at Falcon in Chelmsford until giving up the sport at club level a year ago due to travelling difficulties.

During the Potters tournament, the two couples were amused to learn that they were all from Brentwood and amazed to discover that they had unknowingly lived less than 100 yards apart on the Flowers Estate in Pilgrims Hatch for the best part of 20 years.



Bridger to return for second season

Speedway

THE Vortex Hammers have confirmed that Lewis Bridger will be returning to the Arena Essex Raceway for a second season.

Bridger won over the Hammers fans after joining on loan from fierce rivals Eastbourne and was at the centre of much of the on track excitement on Friday nights.

Bridger said: "I am delighted to be back

with the Hammers and to build on a solid first year with the club. I really enjoyed last year, the fans are great and I can't wait to get cracking again in March."

The Vortex Hammers co promoter Jon Cook said: "Lewis is an entertainer and that's the business we are in. He has so much untapped potential and we will be working hard with him to take the next step forward in his career building on a very promising debut year."



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Week ending Friday, December 6, 2013

WHO'S DRIVING YOU HOME THIS CHRISTMAS?



Please don't drink and drive!

Photography by Jessica Reeves. Thank you for the assistance of Stuart Stibbards-Fryer of Stibbards & Sons, PC John Martin of Essex Police, Paul Gore of AC Taxis, and John Evans of Abacus Ambulance Service for their help with this campaign.



Road Safety Team

Contact the Road Safety Team at www.southend.gov.uk/roadsafety

On the fifth day of Christmas...

5 re-ed wines



4 pints of beer



3 large ports



2 vodka shots



and a fine and a drink-drive ban.



It takes much longer than most people think for alcohol to pass through the body.



Road Safety Team

Visit the Road Safety website at www.southend.gov.uk/roadsafety

DRINK DRIVE INFORMATION

Don't
take a
chance -
take a cab!

It's
no fuss -
get the
bus.

Alcohol impairs your ability to drive; just one drink can lead to a slower reaction time and reduce your ability to pay attention to the road and other road users. This could mean you don't recognise a possible hazard like a car coming from a junction or a child crossing the road.

If you are caught drink driving the penalties can include:

- 12 month driving ban.
- A fine of up to £5000.
- 6 months imprisonment. Plus,

Your insurance costs will increase and a conviction could mean you have trouble travelling to some countries like the USA, and,

If you drive for work then your employer will see the conviction on your licence.

The way alcohol affects you depends on:

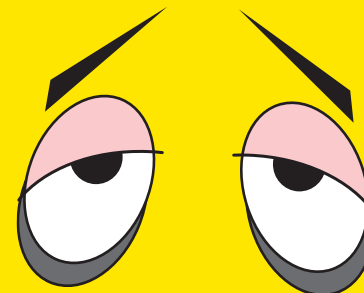
- your weight, age, sex and metabolism (the rate your body uses energy)
- the type and amount of alcohol you're drinking
- what you've eaten recently
- your stress levels at the time

Enjoy the summer parties and barbeques but make alternative transport arrangements. A conviction for drink driving - or even worse, an accident on your conscience - will last a lot longer than your hangover. Please arrange for a lift or take public transport to work the next day.

THE MORNING AFTER

You may be under the legal limit but your driving could still be affected by the level of alcohol in your blood.

- Drink four 70ml doubles of spirit and you should not drive for 13 hours - that's 1pm the next day if you have your last drink at midnight



- Drink five super-strength cans and you should not drive for about 21 hours - almost a full day later
- If you drink a bottle of 15% wine - just three 250ml glasses - you should not drive for 13 hours - that's 1pm the next day if you finish drinking at midnight
- If you drink four pints of lager you should not drive for at least 13 hours from finishing your last pint. If you finish at midnight, you may not be safe to drive until after 1pm the next day

Get
on the rail
and stay out
of jail

DRUGS AND DRIVING



It is an offence to drive while unfit due to taking drugs. Most of us will think this relates to illegal drugs such as cocaine or cannabis however you can be convicted of this offence if you have taken any drug which has affected your ability to drive; this includes prescription drugs and also over the counter remedies including some antihistamines.

If you're convicted of drug driving you'll get:

- a minimum 1 year driving ban
- a fine of up to £5,000
- a criminal record

Your driving licence will also show you've been convicted for drug driving. This will last for 11 years.

Always read the packet or ask the pharmacist and don't drive if you feel drowsy or affected by your medicine.

Visit the Road Safety website at www.southend.gov.uk/roadsafety

This is roughly how long it takes for different alcoholic drinks to clear your body



Now tot up the drinks you've had and **add an hour for initial absorption** - and calculate from when you stopped drinking (to be on the safe side).

Here's an example: Drink five (330ml) bottles of 5% lager and you should not drive for at least 11 hours. That's 11am the morning after if you finish drinking at midnight.

FACT: Any amount of alcohol affects your ability to drive safely. These are rough calculations only - the best advice is not to drink at all if you are driving, and avoid heavy drinking if driving the following day.



Road Safety Team

www.morning-after.org.uk

search Morning After MorningAfterOrg

Visit the Road Safety website at www.southend.gov.uk/roadsafety